

"Spring" to Health

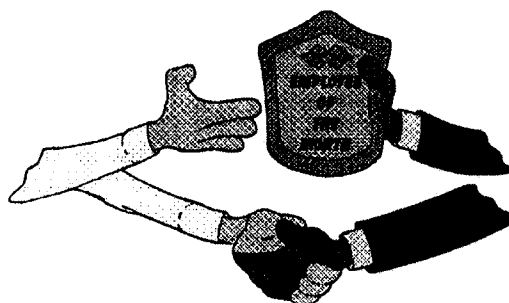
AMC Fitness & Health Promotion



Shoulder Care

The shoulder joint has the greatest range of motion of all the joints in the human body and is particularly prone to injury during weight training. Care must be taken when performing the various forms of the bench, incline, and shoulder presses. It is a good idea to warm up with relatively light weights and follow a program that exercises the shoulder in a balanced fashion. It is also best to lift with a controlled technique rather than at a faster pace.

Source: Baechle & Earle: *Essentials of Strength Training and Conditioning*



MEMBER OF THE MONTH!

Chris Blumberg

In college, Chris competed as a bodybuilder and regularly visits AMC Fitness during the afternoon hours where he continues to show dedication towards weightlifting. Chris works in the Inspector General's office for AMC and joined the gym about 4 months ago.